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The Family Book

-Philathea Sunday School Class-

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PHILATHEA SUNDAY SCHOOL CLASS

SELMA BAPTIST CHURCH

Selma, North Carolina

The Family Book

Saving money is a serious business. It's mighty important to have your cash ready to serve you, and it's also important to avoid the risks that constantly threaten funds kept at home. We invite you to open a savings account with our bank.

We're always ready to help you with the fine habit of saving regularly and offer a wide range of additional banking services for your convenient use. Start your savings account **TODAY.**



First-Citizens Bank & Trust Company

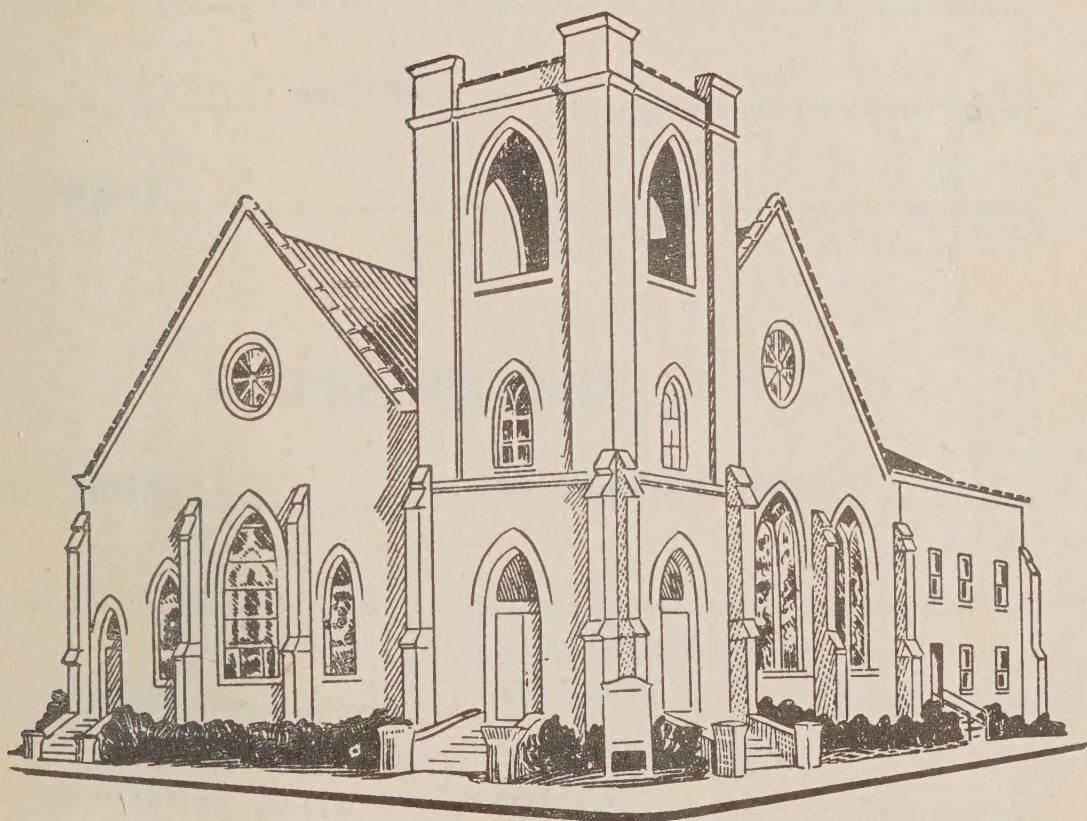
ESTABLISHED 1898

Telephone 3181

Smithfield, North Carolina




PHILATHEA CLASS



SELMA BAPTIST CHURCH

Selma, N. Carolina

396



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Car Record

STATE LICENSE NO. _____

DRIVER'S LICENSE NO. _____

YEAR _____ MOTOR NO. _____

TYPE _____ MAKE OF VEHICLE _____

CYLINDERS _____ SERIAL NO. _____

WEIGHT _____ MODEL _____

DATE BOUGHT _____

TIRE RECORD

NAME OF TIRES _____ NUMBER OF TIRES _____

SERIAL NOS. _____

PUT ON — DATE _____ SPEEDOMETER
MILEAGE _____

TAKEN OFF — DATE _____ SPEEDOMETER
MILEAGE _____

CAR INSURANCE

AGENT _____

ADDRESS _____

CITY _____ STATE _____ PHONE _____

☐ LIABILITY

☐ COLLISION

☐ FIRE AND THEFT

p79173

FAMILY SIZES

[illegible]

SERVICES

	Name	Telephone
Airport		
Attorney		
Baby Sitter		
Bakery		
Bank		
Beauty Shop		
Bus Lines		
Carpenter		
Church		
Cleaner		
Club		
Coal Dealer		
Dentist		
Doctor		
Doctor		
Dress, alter		
Druggist		
Electrician		
Electric Co.		
Farm Suppliers		
Filling Station		
Fire Dept.		
Florist		
Game Warden		
Garage		
Gas Co.		
Grocer		
Hardware		
Hospital		

INSURANCE RECORD

[illegible]

CALL YOUR FRIENDS

[illegible]

CALL YOUR FRIENDS

Telephone
Numbers

Name

WRITE YOUR FRIENDS

[illegible]

WRITE YOUR FRIENDS

[illegible]

CHRISTMAS

[illegible]

CARD LIST

[illegible]

CHRISTMAS

[illegible]

CARD LIST

[illegible]

CHRISTMAS

[illegible]

CARD LIST

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

BIRTHDAYS — ANNIVERSARIES

[illegible]

GIFT LIST

[illegible]

ARTICLE Given and Received

Items checked (x) indicate acknowledgment

[illegible]

GIFT LIST

[illegible]

ARTICLE Given and Received

Items checked (x) indicate acknowledgment

[illegible]

ACTIVITY DATES

[illegible]

ACTIVITY DATES

[illegible]

BIRTHDAY STONES AND FLOWERS

Month	Flowers	Stone
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli



Serving by serving . . . foods provide for daily needs

Stars on this page give a very rough idea of how servings from groups of familiar foods contribute toward dietary needs.

A serving that rates 5 stars provides more than 50 percent of the day's need for a nutrient. A 4-star serving provides about 40 percent; 3-star serving, 30 percent; 2-star serving, 20 percent; 1-star serving, 10 percent. Smaller amounts of nutrients are not shown. These ratings are based on daily allowances of nutrients for a moderately active man as recommended by the National Research Council. Some foods within a group have more of a nutrient, some less; but in a varied diet, which is common in this country, a group is likely to average as shown.

Kind of food	Size of serving	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Leafy, green, yellow vegetables.	1/2 cup...			★	★★★★★				★★	30
Tomatoes, tomato products.	1/2 cup...			★	★★★			★	★★★	35
Potatoes.....	1 medium.			★		★		★	★	105
Sweetpotatoes.....	1 medium.			★	★★★★★	★		★	★★★	165
Other vegetables...	1/2 cup...								★	40
Citrus fruits.....	1/2 cup...								★★★★★	55
Other fruits.....	1/2 cup...				★				★	70
Milk, cheese, ice cream.	1 cup milk.	★	★★★		★	★	★★			170
Meat, poultry, fish..	4 ounces.	★★		★★	★	★★	★	★★★		225
Eggs.....	1 egg....	★		★	★		★			80
Dry beans and peas, nuts.	3/4 cup beans cooked.	★★	★	★★★★		★★	★	★★		215
Baked goods, flour, cereals.	2 slices bread.	★		★		★	★	★		130
Butter, fortified margarine.	1 pat....				★					50
Other fats (includes bacon, salt pork).	2 tablespoons.									230
Sugar, all kinds.....	2 teaspoons.									35
Molasses, syrups, preserves.	2 tablespoons.			★						115

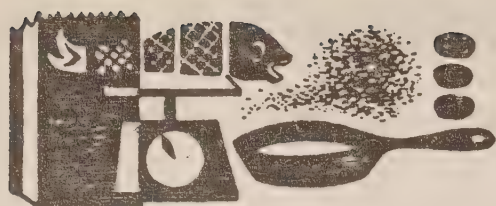
★★★★★ More than 50 percent of daily need.

★★★★ About 40 percent of daily need.

★★★ About 30 percent of daily need.

★★ About 20 percent of daily need.

★ About 10 percent of daily need.



Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

MEAT	Amount to buy per serving
Much bone or gristle..	1½ to 1 pound
Medium amounts of bone.....	1/3 to 1/2 pound
Little bone.....	1/4 to 1/3 pound
No bone.....	1/5 to 1/4 pound

POULTRY dressed weight ¹

Chicken:	
Broiling.....	1/4 to 1/2 bird
Frying and roasting..	3/4 to 1 pound
Stewing.....	1/3 to 3/4 pound
Ducks	1 to 1¼ pounds
Geese.....	3/4 to 1 pound
Turkeys.....	2/3 to 3/4 pound

POULTRY ready-to-cook weight ¹	Amount to buy per serving
Chicken:	
Broiling.....	1/4 to 1/2 bird
Frying, roasting ...	2/3 to 3/4 pound
Stewing.....	1/4 to 2/3 pound
Ducks.....	3/4 to 1 pound
Geese.....	2/3 to 3/4 pound
Turkeys.....	About 1/2 pound

FISH

Whole or round.....	1 pound
Dressed, large.....	1/2 pound
Steaks, fillets	1/4 pound

¹ Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

FRESH	Size of serving	Servings per pound ²
Asparagus:		
Cut.....	1/2 cup	4
Spears.....	4-5 stalks	4
Beans, lima.....	1/2 cup	³ 2
Beans, snap.....	1/2 cup	6
Beets, diced.....	1/2 cup	4
Broccoli.....	2 stalks	3-4
Brussels sprouts.....	1/2 cup	5-6
Cabbage:		
Raw, shredded....	1/2 cup	7-8
Cooked.....	1/2 cup	4-5
Carrots:		
Raw, shredded....	1/2 cup	8
Cooked.....	1/2 cup	5
Cauliflower.....	1/2 cup	3
Celery, cooked.....	1/2 cup	3-4
Collards.....	1/2 cup	2
Corn, cut.....	1/2 cup	⁴ 2
Eggplant.....	1/2 cup	4
Onions, cooked....	1/2 cup	4
Parsnips.....	1/2 cup	4
Peas.....	1/2 cup	³ 2
Potatoes.....	1/2 cup	4-5
Spinach.....	1/2 cup	3-4
Squash.....	1/2 cup	2-3
Sweetpotatoes.....	1/2 cup	3-4
Turnips.....	1/2 cup	4

FRESH	Size of serving	Servings per pound ²
Apricots.....	2 medium	5-6
Berries, raw.....	1/2 cup	4-5
Cherries, pitted,		
cooked.....	1/2 cup	2
Plums.....	2 large	4
Rhubarb, cooked...	1/2 cup	4
For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound.		
DRY		
Dry beans.....	3/4 cup	9
Dry peas, lentils....	3/4 cup	7
CANNED		
		Per can
8-ounce can.....	1/2 cup	2
No. 2 can.....	1/2 cup	4-5
No. 2 1/2 can.....	1/2 cup	6-7
No. 3 cylinder		
(46 oz.).....	1/2 cup	11-12
FROZEN		
		Per package
Family-size		
packages.....	1/2 cup	3-4
Juices, concentrated,		
6 fluid ounces....	1/2 cup	6

Cereals and cereal products

	Size of serving	Servings per pound		Size of serving	Servings per pound
Flaked corn cereals..	1 cup	18-24	Oatmeal.....	3/4 cup	13
Other flaked cereals.	3/4 cup	21	Hominy grits.....	1/2 cup	20
Puffed cereals.....	1 cup	32-38	Macaroni and		
Corn meal.....	3/4 cup	16	noodles.....	3/4 cup	12
Whole wheat cereals:			Rice.....	1/2 cup	16
Coarse.....	3/4 cup	12	Spaghetti.....	3/4 cup	13
Fine.....	3/4 cup	16-22			

² As purchased. ³ In pod. ⁴ In husk.

COMMERCIAL CAN SIZES

<i>Can Size</i>	<i>Weight</i>	<i>Cups</i>
8 oz.	8 oz.	1
No. 1	11 oz.	1½
No. 1½	16 oz.	2
No. 2	20 oz.	2½
No. 2½	28 oz.	3½
No. 3	33 oz.	4
No. 10	106 oz.	13

TABLE OF LEVEL MEASURES AND WEIGHTS

3 teaspoons —1 tablespoon	16 tablespoons—1 cup
2 tablespoons— $\frac{1}{8}$ cup	2 cups —1 pint
4 tablespoons— $\frac{1}{4}$ cup	4 cups —1 quart
8 tablespoons— $\frac{1}{2}$ cup	4 quarts —1 gallon
12 tablespoons— $\frac{3}{4}$ cup	2 cups liquid—1 pound
2 cups granulated sugar —1 pound	
3 cups confectioners sugar—1 pound	
2½ cups brown sugar —1 pound	
3½ cups powdered sugar—1 pound	
4 cups all-purpose flour —1 pound	
5 cups cake flour —1 pound	
1 cup grated cheese —½ pound	
6 egg yolks —½ cup	
5-6 egg whites —½ cup	
10 eggs in shell —1 pound	

ABBREVIATIONS

tsp. or t. —teaspoon	pt. —pint
tbsp. or T.—tablespoon	oz. —ounce
c. —cup	min.—minute
lb. —pound	hr. —hour
qt. —quart	f.g. —few grains

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{7}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

Tips

Fidelity Bonds—Indemnify employers for losses resulting from embezzlements of money or property by employees.

Bankers Blanket Bonds—Protect banks against dishonesty of officers and employees, burglary, robbery, misplacement, mysterious disappearance and many other causes of loss or damage. Similar protection also is available for savings and loan associations, insurance companies, stockbrokers, investment bankers and credit unions.

Contract Bonds—Guarantee the fulfillment of the terms of contracts for both public and private construction work, for rendering service and for furnishing supplies.

Court Bonds—Enable litigants to secure the undertakings required by law in order to pursue the remedies available through the processes of courts.

Fiduciary Bonds—Guarantee an honest accounting and the faithful performance of duties by administrators, trustees, guardians, executors, receivers and other fiduciaries.

Public Official Bonds—Guarantee faithful performance on the part of all officials in positions of public trust and an honest accounting of all public funds which they handle.

Public Employees Blanket Bonds—Enable departments, agencies and offices of a state, and other governmental units such as counties, cities, towns, etc., or divisions thereof, to obtain blanket protection against the risk of dishonesty or unfaithful performance on the part of their employees.

License and Permit Bonds—Commonly required by state law, municipal ordinance or by regulation as a condition precedent to the granting of licenses or permits to firms, corporations or individuals desiring to engage in certain lines of business or to exercise certain privileges.

Comprehensive Dishonesty, Disappearance and Destruction Policy—A single, flexible contract that provides merchants, manufacturers and certain other types of insureds with a convenient and economical means of protecting themselves against practically all risks of loss to money and securities.

Money and Securities Policy—Covers losses of money and/or securities occasioned by disappearance, destruction or wrongful abstraction. Available to all types of commercial and industrial enterprises.

Personal Property Floater Policy—A comprehensive form of insurance covering personal property wherever located, against fire, burglary, theft, holdup, larceny, vandalism and many other causes of loss or damage.

Comprehensive Personal Liability Policy—Provides protection against claims for bodily injuries or property damage sustained by others while on the policyholder's premises, or which result from the personal activities of the policyholder or other members of his family, or are caused by his family's pets.

Burglary and Robbery Insurance—Available in many different forms to meet the specific needs of banks, merchants, manufacturers, householders and all other classes of property-owners.

Check Forgery Insurance—Provides reimbursement for losses occasioned by the forgery or alteration of checks, drafts and various other instruments of that character.

Glass Insurance—Provides for the prompt replacement of glass when broken in commercial or residential properties.

INTEREST CALCULATIONS

Rule.—Multiply the principal by as many one-hundredths as there are days, and then divide as follows:

Per cent.	2	2½	3	3½	4	5	6	7	8	9	10	12
Divide by.....	180	146	120	104	90	72	60	52	45	40	36	30

Table Showing the Number of Days from Any Date in One Month to the Same Date in Any Other Month

From To	Jan.	Feb.	Mar	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Jan.....	365	81	59	90	120	151	181	212	243	273	304	334
Feb.....	334	365	28	49	89	120	150	181	212	242	273	303
March.....	306	337	365	31	61	92	122	153	184	214	245	275
April.....	275	306	334	365	30	61	91	122	153	183	214	244
May.....	245	276	304	335	365	31	61	92	123	153	184	214
June.....	214	245	274	304	334	365	30	61	92	122	153	183
July.....	184	215	243	273	304	335	365	31	62	92	123	153
Aug.....	153	184	212	243	273	304	334	365	31	61	92	122
Sept.....	122	153	181	212	242	273	303	334	365	30	61	91
Oct.....	91	123	151	182	212	243	273	304	335	365	31	61
Nov.....	61	92	120	151	181	212	242	273	304	334	365	30
Dec.....	31	62	90	121	151	182	212	243	274	304	335	365

Example.—How many days from May 5 to Oct. 5? Look for May at left hand and October at top; in the angle is 153. In Leap-Year add 1 day if Feb. is included.

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters								Month					Dominical Letter						
Year of the Century	Centuries				January, October Feb., Mar., Nov. <i>Jan., Apr., July</i> May June <i>February, August</i> Sept., Dec.					A	B	C	D	E	F	G	A	B	C
	1700	1800	1900	2000															
*Denote Leap-Years	1700, 2100	1800, 2200	1900, 2300	2000, 2400						D	E	F	G	A	B	C	D	E	F
0	28	56	84	C	E	G	A	1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
1	29	57	85	B	D	F	G	2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
2	30	58	86	A	C	E	D	3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
3	31	59	87	G	B	D	F	4	11	18	25		W	Tu	M	Su	Sa	F	Th
*4	*32	*60	*88	E	G	A	C	5	12	19	26		Th	W	Tu	M	Su	Sa	F
5	33	61	89	D	F	B	A	6	13	20	27		F	Th	W	Tu	M	Su	Sa
6	34	62	90	C	E	G	A	7	14	21	28		Sa	F	Th	W	Tu	M	Su
7	35	63	91	B	D	F	G	EXPLANATION											
*8	*36	*64	*92	G	B	D	E	Find first the <i>Year of the Century</i> and in line with that figure at the right, in the proper column under the heading <i>Centuries</i> , will be found the Dominical Letter of the year. Then in the table headed <i>Dominical Letter</i> and in line with the proper <i>Month</i> find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.											
9	37	65	93	F	A	C	B	In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in <i>italics</i> .											
10	38	66	94	E	G	A	C	EXAMPLES											
11	39	67	95	D	F	B	A	On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For <i>January 1, 1876</i> , the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.											
12	*40	*68	*96	B	D	F	G												
13	41	69	97	A	C	E	F												
14	*42	*70	*98	G	B	D	E												
15	43	71	99	F	A	C	D												
16	*44	*72		D	F	A	B												
17	45	73		C	E	G	A												
18	46	74		B	D	F	G												
19	47	75		A	C	E	F												
20	*48	*76		F	A	C	D												
21	49	77		E	G	B	C												
22	50	78		D	F	A	B												
23	51	79		C	E	G	A												
24	*52	*80		A	C	E	F												
25	53	81		G	B	D	E												
26	54	82		F	A	C	D												
27	55	83		E	G	B	C												

WEIGHTS AND MEASURES

Apothecaries' Weight

20 grains.....	1 scruple
3 scruples.....	1 dram
8 drams.....	1 ounce
12 ounces.....	1 pound
Ounce and pound same as in Troy Wht.	

Avoirdupois Weight

27-11 32 grains.....	1 dram
16 drams.....	1 ounce
16 ounces.....	1 pound
25 pounds.....	1 quarter
4 quarters.....	1 cwt.
2,000 lbs.....	1 short ton
2,240 lbs.....	1 long ton

Troy Weight

24 grains.....	1 pwt.
20 pwt.....	1 ounce
12 ounces.....	1 pound
For weighing gold, silver and jewels.	

Square Measure

144 sq. inches.....	1 sq. foot
9 sq. feet.....	1 sq. yard
30 1/4 sq. yards.....	1 sq. rod
40 sq. rods.....	1 rood
4 roods.....	1 acre
640 acres.....	1 sq. mile

Cubic Measure

1,728 cu. inches.....	1 cu. foot
27 cu. feet.....	1 cu. yard
128 cu. feet.....	1 cord (wood)
40 cu. feet.....	1 ton (shipping)
2,150.42 cu. in.....	1 standard bushel

231 cu. in.....	1 U.S. standard gallon
1 cu. foot.....	about 4/5 of a bushel

Dry Measure

2 pints.....	1 quart
8 quarts.....	1 peck
4 pecks.....	1 bushel
36 bushels.....	1 chaldron

Liquid Measure

4 gills.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon
31 1/2 gallons.....	1 barrel
2 barrels.....	1 hogshead

Long Measure

12 inches.....	1 foot
3 feet.....	1 yard
5 1/2 yards.....	1 rod
40 rods.....	1 furlong
8 furlongs.....	1 sta. mile
3 miles.....	1 league

Surveyor's Measure

7.92 inches.....	1 link
25 links.....	1 rod
4 rods.....	1 chain
10 sq. chains or 160 sq. rods.....	1 acre
640 acres.....	1 sq. mile
36 sq. miles (6 miles sq.).....	1 township

Paper Measure

24 sheets.....	1 quire
20 quires.....	1 ream (480 sheets)
2 reams.....	1 bundle
5 bundles.....	1 bale

METRIC EQUIVALENTS

Linear Measure

1 centimeter.....	0.3937 inch
1 inch.....	2.54 centimeters
1 decimeter...3.937 inches..	0.328 foot
1 foot.....	3.048 decimeters
1 meter...39.37 inches..	1.0936 yards
1 yard.....	0.9144 meter
1 dekameter.....	1.9884 rods
1 rod.....	0.5029 dekameters
1 kilometer.....	0.62137 m.
1 m.....	1.6093 kilometers

Square Measure

1 sq. centimeter.....	0.1550 sq. inch
1 sq. inch.....	6.452 sq. centimeters
1 sq. decimeter.....	0.1076 sq. foot

1 sq. foot.....	9.2903 sq. decimeters
1 sq. meter.....	1.196 sq. yards
1 sq. yard.....	0.8361 sq. meters
1 acre.....	3.954 sq. rods
1 sq. rod.....	0.2529 acre
1 hectare.....	2.47 acres
1 acre.....	0.4047 hectare
1 sq. kilometer.....	0.386 sq. m.
1 sq. m.....	2.59 sq. kilometers

Weights

1 gram.....	0.03527 ounce
1 ounce.....	28.35 grams
1 kilogram.....	2.2046 lbs.
1 lb.....	0.4536 kilogram
1 metric ton.....	1.1023 English tons
1 English ton.....	0.9072 metric ton

APPROXIMATE METRIC EQUIVALENTS

1 decimeter.....	4 inches
1 meter.....	1.1 yards
1 kilometer.....	5/8 of a mile
1 hectare.....	2 1/2 acres
1 stere, or cu. meter.....	1/4 of a cord

1 liter.....	1.06 qts. liquid..0.9 qt. dry
1 hektoliter.....	2 1/2 bus.
1 kilogram.....	2 1/5 lbs.
1 metric ton.....	2,200 lbs.

Appetizers

Canapes

Pickles

Relishes

Compliments of

EASTERN MFG. CO.

SELMA, N. C.

Compliments of

JOHNSTON COUNTY OIL MEN'S ASS'N

"We work together to better serve you"

Selma, N. C.

PERRY LUMBER COMPANY

of

SELMA, Inc.

TELEPHONE 2012-2231

P. O. BOX 476

Selma, North Carolina

APPETIZERS*CANAPES*PICKLES*RELISHES***

GREEN TOMATO PICKLE - Grace Worley

First day:

Soak 24 hrs. 7 lbs. green sliced tomatoes in 2 gal. water in which 3 c. of lime has been added.

Second day:

Drain and soak in fresh water changing water every hour 4 times. Place in kettle 5 lbs. sugar, 3 pts. vinegar, 1 tbsp. each cloves, ginger, allspice, mace, celery seed, cinnamon tied in bag, bring to boiling point, pour over tomatoes and let stand overnight.

Third day:

Next morning put on and boil 1 hr. Add 1 c. of raisins tied in bag 10 min. before canning time is up - makes tomatoes crisp. Take raisins out before putting in jar as they will cause tomatoes to spoil. Put in jars and seal.

SWEET ARTICHOKE PICKLE - Grace Worley

1 pk. artichokes 1 tbsp. turmeric

6 lbs. sugar 1 qt. vinegar

1 tbsp. whole cloves salt to taste

Boil sugar, vinegar, spices, and salt to a rolling boil.

Pour over artichokes packed in jars and seal.

CANNED CUCUMBERS - Grace Worley

Wash, drain, and pack fresh cucumbers in jars. Add 1 tbsp. each of sugar, salt, and dry mustard to a qt. Cover with cold vinegar and seal.

PICKLE - Grace Worley

Open a jar of canned cucumbers. Wash, split, and drain cucumbers. Repack in jar. Make a syrup of 2 c. sugar and 1 c. of vinegar and let come to a boil. Cool and pour over cucumbers. Keep lid on tight and keep in refrigerator.

CHILI SAUCE - Stell Kirby

30 ripe tomatoes 6 medium onions

2 c. sugar 4 c. vinegar (more if needed)

3 green bell peppers 5 tbsp. salt

5 red bell peppers 2 tsp. ground red pepper

Grind all except tomatoes. Cut tomatoes. Mix all and cook until desired consistency.

PEPPER RELISH - Mildred Brown

5 green peppers 15 red peppers

15 onions
1/2 c. salt

2 c. sugar
1 qt. vinegar

Chop peppers and onions in food chopper (big blades) cover with boiling water. Let stand 5 min. Drain and cover with cold water and 1/2 c. salt. Boil 10 min. Drain dry. Add 1 qt. vinegar, 2 c. sugar, and boil 15 min. Seal while hot.

SWEET PICKLE PEACHES - Jessie Barden

7 lbs. peaches
4 c. sugar

1 pt. vinegar
pickling spices and
cloves

Let sugar, vinegar and spices come to a good boil. Drop peaches in and let stay just long enough to tender. Take peaches out and finish cooking syrup. When syrup is done pour over peaches and let set overnight. Reheat next morning to a good boil. Seal.

Beverages

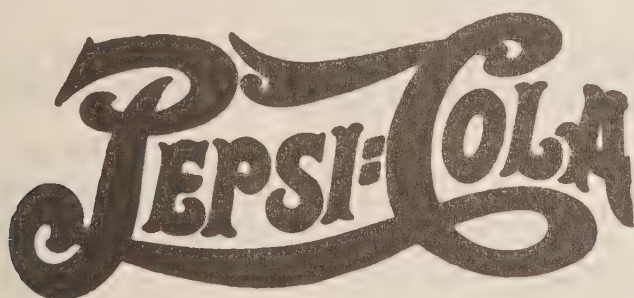
Bread

Rolls

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BEVERAGES*BREAD*ROLLS***

FRUIT PUNCH - Wilma Howard

5 lbs. sugar	6 lemons
2 1/2 oz. citric acid	1 tall can pineapple juice
6 oranges	1 bottle gingerale

Dissolve citric acid in 1 pt. of water. Grate rinds of oranges and lemons and boil in 1 qt. of water. When cool, add sugar and strained juice of lemons and oranges and the citric acid. Dilute with 3 gal. of water. Before serving add gingerale and pineapple juice.

LIME ICE - Ethel Scarborough

1 pkg. lime jello	3 lemons (juice only)
1 c. hot water	1 qt. milk
1 c. sugar	

Dissolve jello in water, add sugar and lemon juice. Put mixture in refrigerator and when it begins congealing whip the milk into it (electric or Dover mixer). When smooth put in trays and let begin freezing. Then take out and beat well one time and return to refrigerator and let freeze.

SPICED TEA - Mozell Bailey

24 c. boiling water	juice 6 oranges
1 tsp. cinnamon	1 to 2 c. sugar
1 tsp. cloves	5 tsp. orange pekoe tea
juice 3 lemons	

Place spices in a cloth bag. Put tea in another. Let bags steep in boiling water 5 min. Remove bags, add rest of ingredients. Serve hot.

RUSSIAN TEA - Mildred Brown

1 tsp. cloves	juice of 3 oranges
1 in. stick cinnamon	juice of 1 1/2 lemons
3 qts. water	1 c. sugar
2 1/2 tbsp. tea	

Tie spices loosely in bag and bring to boiling in water. Add tea in bag and steep 5 min. Remove bags. Heat fruit juices and sugar. Add to tea. Serves 25.

BUTTERMILK ROLLS - Annie Betts

1 pkg. dry granular yeast	3 tbsp. sugar
1 c. buttermilk	1 tsp. salt
1 c. sifted flour	1/4 tsp. baking powder

1/4 tsp. soda

4 tbsp. shortening

Heat about 1/2 c. buttermilk to lukewarm. Sprinkle the pkg. yeast over the warm milk and stir until dissolved. Allow to stand a few min. and then add remaining buttermilk. Blend well. Sift flour with dry ingredients and work in shortening as for biscuits. Add buttermilk mixture and blend well. Grease the top of the dough. Cover and store in the refrigerator. About 2 hrs. before serving time, turn the risen dough out on a lightly floured board and knead gently. Make into rolls and place on greased baking sheet - brush top of rolls with melted butter. Allow to stand in a warm place until double in bulk. Bake at 400 deg. for 12 to 15 min. or until done. For freezing - bake until barely browned. Package and freeze.

QUICK GINGERBREAD - Wilma F. Howard

2 1/4 c. all purpose flour

1 c. molasses

1 1/2 tsp. soda

1 c. sour milk or buttermilk

1 tsp. salt

2 tsp. ginger

1/4 c. shortening, melted

Sift, then measure the flour. Then sift again 3 times with the baking soda, salt, and ginger. Combine molasses, sour milk, and shortening. Add to sifted dry ingredients, beat until smooth. Bake in greased 8x8 in. loaf pan in a moderately hot oven (350 deg. F.), for 30 to 35 min. If 1 c. sour milk or buttermilk is not available, a substitute may be made by placing 4 tsp. lemon juice or vinegar in a measuring cup, fill to 1 c. mark with sweet milk or dilute evaporated milk, and mix well.

HUSH PUPPIES - Ethel Scarborough

2 c. cornmeal

1 tsp. salt

1 tbsp. flour

1 whole egg

1/2 tsp. soda

3 tbsp. chopped onion
(optional)

1 tsp. baking powder

1 c. buttermilk

Mix all ingredients together. Add onion, then milk, last the beaten egg. Drop by spoonfuls into pan in which fish is being fried or in pan with enough grease to cover them. Fry to a golden brown and drain on paper.

HUSH PUPPIES - Rachel Harris

2 c. cornmeal

1/4 tsp. salt

1 c. flour

2 c. milk

1 egg

1 c. water

1/4 tsp. soda

Combine ingredients. Shape into small sticks or balls.

Fry in deep fat at 375 deg. F. until golden brown.

HUSH PUPPIES - Rosa Lee Williams

2 c. cornmeal	1 tsp. salt
1 c. flour	1 1/2 tsp. baking powder

Sift ingredients together and mix with water until a stiff batter is formed. Drop with a spoon into hot fat and fry until light brown.

SPOON BREAD - Grace Worley

1/2 pt. sweet milk	1 tbsp. lard
1/2 pt. buttermilk	1 tbsp. butter
2 beaten eggs	1/2 tsp. soda
1 c. meal	1/2 tsp. salt
2 tbsp. sugar	

Melt butter and lard in a 8"x8" pan. Mix salt and sugar in buttermilk. Add all ingredients and cook in 8"x8" pan about 20 min.

SPOON BREAD - Norma Lee Radford

3/4 c. cornmeal	1 c. boiling water
2 tsp. baking powder	1 c. milk
1 tsp. salt	2 eggs
3 tbsp. butter	

Combine meal, salt, and butter. Stir in boiling water. Beat well. Add eggs, baking powder, and milk. Turn into greased casserole and bake 40 or 50 min. at 350 deg. F.

CE BOX ROLLS - Sue Price

yeast cake (or granulated yeast) dissolved in 1/4 c. lukewarm water

1 c. milk and water (half and half)	
1 heaping tbsp. lard	1 tsp. salt
1 tbsp. butter	1 beaten egg
1/3 c. sugar	4 c. plain flour

Bring cup of milk and water to boil, add lard, butter, and sugar and allow to cool. Then add yeast which has been dissolved in 1/4 c. lukewarm water - add salt. In large mixing bowl, sift 2 c. flour - add liquid mixture - then add beaten egg and 2 more cups flour. Be sure dough is tacky and moist. If necessary omit some flour. Allow dough to rise in refrigerator until double in bulk (about 3 hrs.) Then knead dough on lightly floured board. When soft and pliable, roll out and cut with large cutter or make into desired shapes. Brush with melted butter. Set

rolls in warm place and allow to rise for at least an hr. before baking. Bake in quick oven 450 deg. about 12 min. or until done.

Tip - when making out rolls with fingers (as for clover leaf rolls) keep fingers greased with melted butter. This dough may be kept in refrigerator as long as 3 days and used as needed.

FRENCH TOAST - Claudia Lee

1/2 c. flour	1 tsp. baking powder
1/4 tsp. salt	1/2 c. milk
1 egg	sliced bread

Sift together flour, baking powder, and salt. Add milk and beaten egg and beat well. Dip bread slices into this mixture and fry in hot fat. Drain and serve hot with powdered sugar.

DRESSING - Stell Kirby

6 c. toasted bread crumbs
1 c. cold biscuit crumbs
1 c. crushed crackers
1/2 c. browned cornbread
1/2 c. cooked grits
1/2 c. onions browned in fat
1/2 c. celery browned in fat
4 eggs

Turkey broth, sage, black pepper, salt, and sugar.

Place all crumbs, grits, onions, and celery in bowl. Beat eggs until frothy. Pour over mixture. Season with seasoning ingredients to taste. Add only a very small amount of sugar (about 1 tbsp.) Add turkey broth to make it of right consistency. Water or milk may be used with the broth if desired. Continue to mix until all crumbs are moist and well mixed. Dip and place as cakes on a well greased pan. Bake at 450 deg. until brown.

Candies

Cookies

Cake

Icings

There's Magic in Honey

Of course you know what a treat honey is on hot rolls, griddle cakes, waffles, and cereals . . . and on *grapefruit* . . . but wait till you discover what a wonderful *cooking ingredient* it is!

Honey has a magical ability to *absorb and retain moisture*. Cakes, cookies, desserts, and candies *dry out slowly* and may even improve upon standing. For example.

Honey Date Bars at first they are a bit "chewy," but a batch sent to that boy or girl away at school will arrive mellow and soft. Using honey, you can do your baking *ahead of time*—and not be afraid of staling.

Another fine attribute of honey is that it seems to blend all other flavors better. Meats and vegetables have a much richer taste when honey is used.

Remember, honey is a *safe* food, the year round. Its concentration of wholesome sugars is so high that bacteria cannot live in it.

TO STORE HONEY: Keep liquid honey in a dry place. Since it absorbs moisture, do not put it in the refrigerator but keep it on a pantry or cupboard shelf. Freezing does not injure color or flavor but may hasten granulation. If honey has granulated or solidified, simply place the container in a bowl of warm, not hot, water until the crystals are melted.

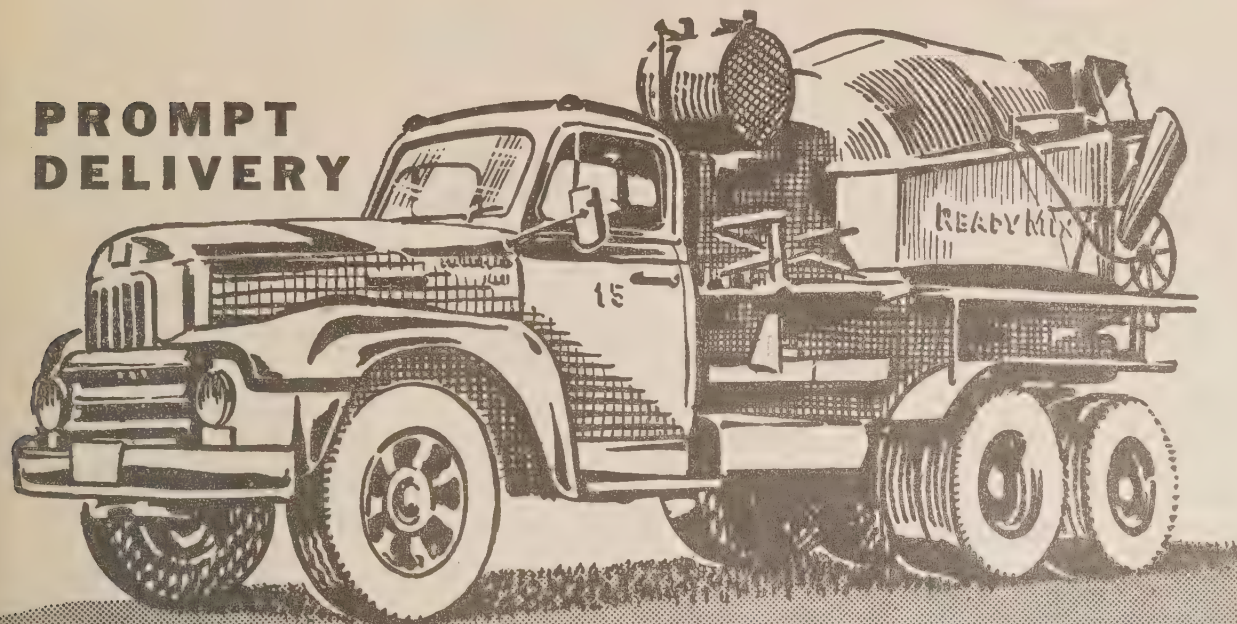
TO MEASURE HONEY: Use the same measuring cup in which you have first measured shortening. By doing this you will not waste honey.

TO COOK WITH HONEY: Follow honey recipes as carefully as you would any other recipe, using accurate measurements. Remember, you may bake your cakes and cookies a full day ahead when cooking with honey and be sure of a moist, rich, flavorful product.

TO REPLACE SUGAR WITH HONEY: In cake or cookie recipes calling for sugar, use the same amount of honey. Reduce liquid by $\frac{1}{4}$ cup for each cup of honey used. For example, if the recipe calls for 1 cup sugar and $\frac{1}{2}$ cup liquid, use 1 cup honey and $\frac{1}{4}$ cup liquid.



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CANDIES*COOKIES*CAKE*ICINGS***

FRUIT CAKE - Thelma Corbett

2 cans Eagle Brand milk 1/2 lb. cocoanut (fresh)
2 pkgs. dates (chopped) 1/2 lb. crystalized fruit
2 c. pecans (chopped)
Mix and bake 1 1/2 hrs. at 300 deg. in funnel pan.

DEVIL'S FOOD CAKE - B. Moore

1 1/2 c. sugar	1 c. sour milk
3 eggs well beaten	3 sqs. unsweetened chocolate
2 c. flour	1/2 c. boiling water
2 tsp. vanilla	If you don't use self-rising flour
1 tsp. baking soda	add 2 tsp. baking powder.
1/2 c. butter	

Cream butter and sugar together then add the well beaten eggs beating all the time. Still beating add 1 c. of sour milk, flour and vanilla. Melt 3 sqs. chocolate and beat in. Add last 1 tsp. baking soda in 1/2 c. of boiling water. Mix in very lightly and pour into well greased cake pans and bake in moderate oven at about 350 deg. of heat.

CHEESE STRAWS - Leah Earp

1 lb. of grated cheese
3/4 lb. of butter or margarine
4 c. of plain flour
1 tsp. salt
1 tsp. of cayenne pepper

Cream cheese and butter together; add gradually flour which has been sifted with salt and pepper. When mixture is thoroughly enough, put through cookie press or roll out and cut in biscuit shape. Cook at 300 deg. for 30 min. Makes about 100.

JAPANESE FRUIT CAKE (NO. I) - Alonia Creech (Will keep well 10 days in cool weather)

1 c. butter (with Roller Champion Flour use 2/3 c. butter)	
2 c. sugar	2 tsp. baking powder
3 c. flour (plain)	1 c. lukewarm water
5 eggs	1 tsp. almond extract

Cream butter and sugar. Add whole eggs, one at a time, beat well. Add extract and mix well. Alternating liquid and dry ingredients, blend well, but do not beat.

Divide batter into 3 portions. To 1/3 batter add following:

2 tsp. cocoa	2 tsp. cinnamon
1 tsp. allspice	1 c. seeded raisins

Mix these together.

43 Cont'd.

Bake in 3 layer pans - 375 deg. 20 to 25 min., then cool, put together with following filling - mix and cook over low fire until thick:

1 grated coconut	4 tbsp. plain flour
2 grated lemons	1 c. boiling water
2 1/2 c. sugar	

CHOCOLATE FRUIT CAKE - Alonia Creech

1 c. butter (use 2/3 c. with roller champion flour)	
2 c. sugar	1 c. maraschino cherries
3 c. flour (plain)	3 or 4 sqs. chocolate
4 whole eggs	1 tsp. vanilla
1 1/2 c. raisins	1 tsp. baking powder
2 c. black walnuts	1 tsp. soda
1 c. dates (cut-up)	1 c. sour milk
	(Flour fruit with extra flour-about 1/2 c.)

Cream butter and sugar. Add eggs, one at a time, and beat well. Add vanilla and mix well. Stir in part of flour. Mix well and add melted chocolate. Stir until thoroughly blended. Add rest of flour (with baking powder and soda added to it) and milk alternately. Add fruit, mix thoroughly and bake 300 deg. F. about 1 hr.

Bake in well greased and floured pan - steeple pan, if large one is used.

Let cake cool in pan. Turn out and rub well with powdered sugar. Keep in tin box. Is at its best when 3 or 4 days old - will keep for 2 or 3 weeks, however.

RED DEVIL'S FOOD CAKE - Lucille Jackson

1 1/2 c. sugar	2 c. sifted cake flour
1 tsp. salt	4 tbsp. cocoa
1/2 c. plus 1 tbsp. vegetable shortening	
1 c. sour milk	1 1/8 tsp. baking soda
2 tbsp. hot water	1 tsp. vanilla
2 eggs, unbeaten	

Method:

Cream sugar, salt, shortening and flavoring together, 3 min. about 450 hand strokes. Add hot water, beat 1 min. Add eggs, one at a time, beating well after each egg. Sift together 3 times, flour, cocoa, baking soda, add dry ingredients in 4 parts alternately with milk in 3 parts. Begin with flour and end with flour, beat after each addition only until smooth. Turn into 2-9 in. cake pans. Bake in moderate oven, 350 deg., for 35 min.

CHOCOLATE ICING:

2 c. sugar	2 tbsp. butter
2 sqs. chocolate	1 tsp. vanilla
3/4 c. pet milk (whole)	
1/8 tsp. salt	
2 tbsp. syrup	

Method:

Cook on low heat, stir only until it comes to a boil. Cook until it forms a soft ball in cold water. Put in a cool place, drop butter and vanilla in and let cool. After it is cool, beat until creamy and spread on layers.

JAPANESE FRUIT CAKE - Stell Kirby

6 eggs	1 lb. raisins
1 lb. butter	1 c. broken pecans
1 lb. sugar	1 tbsp. cinnamon
1 lb. flour (cake)	1 tsp. cloves or allspice
4 level tsp. baking powder	Enough chocolate to make layers
1/2 tsp. salt	dark, (about 1 sq.)
1 c. sweet milk	
1 bottle cherries (small)	

Cream butter and sugar, add eggs, one at a time. (Sift together flour, baking powder, and salt). Add flour mixture and milk alternately. Divide batter by a 3 to 1. To the larger amount or white layers, add 1/2 c. nuts and cherries. To the smaller amount or dark layer, add raisins, 1/2 c. pecans, spices, and chocolate. Makes 3 white layers and 2 dark layers.

FILLING:

2 c. sugar	juice 2 lemons
2 tbsp. flour	juice and pulp of 2 oranges
1 c. boiling water	1 small can pineapple

Cook all together until thick and add 2 grated coconuts. Let cool.

BIRTHDAY BREAD (Coffee Cake) - Ethel Scarborough

2 yeast cakes	3/4 c. white sugar
4 eggs	7 c. all purpose flour
1/2 tsp. salt	2 c. milk

4 1/2 tbsp. melted shortening (not heaping) butter or lard
Dissolve both yeast cakes in about 3/4 c. room temp. water. Beat eggs, sugar, and salt together add milk and about 1/2 sifted flour. Next, pour into this the yeast water. Add remainder of flour and shortening. Allow to stand couple of hrs. or until it has risen twice its bulk. (Mixture ordinarily for rolls, almost at pouring stage). Add

more milk to accomplish this if necessary.

FILLING:

Cream together: About 1/2 lb. marg. or butter with 1 3/4 lbs. brown sugar and cinnamon to taste. When mixture has risen sufficiently the first time, then proceed to put it into cooking pans (porcelain or heavy alum.) in a solid bulk and allow to rise a second time, as you would rolls. When sufficiently risen, take small bits (about size of thumb) of filling and punch down into risen bread. The closer together these "pinches" of filling are, the sweeter and even more delicious the bread is. Cook in very slow oven until done. Sprinkle cinnamon over all before cooking. Another pointer: this rare "Birthday Bread" is at its peak only when served piping hot. (A sufficient evening meal is had when this bread is served as dessert, being preceeded only by a salad and saltines, also excellent for breakfast when warmed over.)

NUTS AND BOLTS - Connie Belle Brown

1 box Rice Chex	1 lb. melted Margarine
1 box Wheat Chex	2 tsp. Garlic Salt
1 box Cheerios	2 tsp. Celery Salt
1 box Thin Slim Pretsels	2 tsp. Onion Salt
2 lbs. Salted Peanuts (or other nuts)	2 tbsp. Worcestershire Sauce

Put all cereal in large pan. Add sauce and salts to melted butter -- pour over cereal and put in slow oven (225 deg. F.) for 1 hr., stirring frequently. Add nuts after cereal has toasted. Do not toast nuts. Put in jars, it will keep quite a while.

CRESCENTS (5 doz.) - Connie Belle Brown

1 1/2 c. butter	4 1/2 c. pastry flour
6 tbsp. sugar	1 tsp. salt
1/2 tsp. vanilla	2 1/2 c. chopped nuts

Cream butter until light and fluffy. Add granulated sugar and vanilla. Add sifted flour and salt. Fold in nuts. Shape crescents and place on lightly greased baking sheet. Bake (350 deg. F.) Remove from oven and cool slightly and roll in powdered sugar.

Note: This is a loose mixture and if it does not form one mass, add a small amount of melted butter or 2 or 3 tbsp. of water.

APPLESAUCE CAKE - B. Moore

1/2 c. butter	2 tsp. soda
2 c. sugar	2 c. raisins
4 eggs	1 c. nuts
3 c. flour	1 c. coconut
2 c. applesauce	1 tsp. nutmeg
	1 tsp. allspice

Cream butter and sugar together then add eggs one at a time. Add flour. Add soda to applesauce then add to above mixture. Add raisins, nuts, coconut, nutmeg and allspice. Bake in oven at moderate heat 350 deg.

ICING:

2 c. milk	2 tbsp. cornstarch
2 c. sugar	1 tbsp. butter

2 c. coconut

Cook until thick then add coconut.

PEANUT BUTTER COOKIES - Mildred Brown

3/4 c. shortening	3 eggs
3/4 c. butter	1 1/4 c. peanut butter
1 1/2 c. sugar (granulated)	3 c. flour
1 1/4 c. brown sugar	1 1/4 tsp. soda
1 1/4 tsp. vanilla	1 tsp. salt

Cream shortening and butter with sugar until light and fluffy. Add vanilla and blend. Add beaten eggs and peanut butter, blend thoroughly. Mix and sift dry ingredients. Add to the above mixture. Form dough into small balls. Place on greased baking sheet. Flatten "Criss-Cross" with a fork. Bake in 350 deg. oven about 8 min.

QUEEN ELIZABETH CAKE - Ethel Scarborough

Batter:

1 c. dates	1 tsp. baking powder
1 c. hot water	1/4 c. butter or marg.
1 1/2 c. sifted flour	3/4 c. sugar
1/4 tsp. salt	1 egg
	3/4 tsp. soda

TOPPING:

5 tbsp. butter	1/2 c. brown sugar
3 tbsp. cream	

Boil 3 min., while still hot add 3/4 c. chopped nuts.

Cook dates in hot water until thin or soft paste. Start oven 325. Grease 8" sq. pan. Sift flour, baking powder and salt. Work butter and sugar, add unbeaten egg. Mix soda in cooled cooked dates and stir into butter and sugar. Stir in dry ingredients. Pour into pans and bake 45 min. While

cake is baking mix topping and boil 3 min. While still warm spread on top of cake and broil about 4 in. from flame until brown. Easily burnt.

APPLESAUCE CAKE - Grace Worley

4 eggs	1 1/2 c. ground raisins
2 c. sugar	1 tsp. soda
2 c. applesauce	1 tsp. cinnamon
2 sticks butter	1/2 tsp. nutmeg
2 c. flour	1/4 tsp. cloves
1 c. ground pecans	

(all ingredients room temp.)

Cream sugar and butter. Add eggs one at a time. Add nuts and raisins. Sift dry ingredients together 3 times, add alternately with applesauce to mixture. Bake in 4 7" x 11" wax paper-lined pans 350 deg. 30 min. Ice with "Boiled Coconut Icing."

ICE BOX CAKE - Lucille Jackson

1/4 c. butter	1/2 pt. whipped cream
1 c. powdered sugar	1 c. nutmeats
2 eggs	1/2 lb. vanilla wafers
1 c. pineapple	

Method:

Cream butter and sugar, add egg yolks well beaten. Fold in egg whites beaten. Add pineapple (drained) whipped cream, nuts. Place vanilla wafers in bottom of a refrigerator dish then pour a layer of mixture use a layer of each until all of mixture is used up put a layer of vanilla wafers on top. Place in refrigerator for 12 hrs. before serving.

FLUFFY YELLOW CAKE - Grace Worley

2 sticks butter	1/4 tsp. salt
2 c. sugar	3 tsp. baking powder
4 beaten egg yolks	1 c. milk
1 tsp. vanilla	4 stiff beaten egg whites
3 c. Swansdown cake flour	

(Have all ingredients room temp.)

Thoroughly cream butter and sugar. Add egg yolks and vanilla, beat well. Add sifted dry ingredients alternately with milk. Fold in egg whites. Bake in four long 7"x11" wax paper lined pans in moderate oven 350 deg. about 25 min.

Alternate: Pineapple Feather Cake

Substitute 1 c. syrup from one No. 2 1/2 can crushed

pineapple and 1/2 c. hot water for milk in Fluffy Yellow Cake. Cut baking powder to 2 tsp. and add 1/2 tsp. soda. Put together with boiled icing, substituting crushed pineapple for coconut.

KATIE STALLINGS FRUIT CAKE - Mozell Bailey

1 lb. butter	1 lb. candied cherries
9 eggs	1 lb. citron
3 c. sugar	1 large can crushed pineapple
10 c. flour (2 in fruit)	1 lb. English walnuts
2 pkgs. raisins	1 tsp. cinnamon
2 pkgs. dates	1 tsp. allspice
1/4 lb. orange peeling	1 tsp. cloves
1/4 lb. lemon peeling	1 tsp. nutmeg
2 lbs. pecans	1 pkg. figs (optional)
1/2 lb. almonds	

DATE CUP CAKES - Mozell Bailey

1 c. finely cut pitted dates	1 egg, beaten
1 c. boiling water	1 tsp. vanilla
1 tsp. soda	1 1/2 c. pastry flour
1 tbsp. shortening	1 c. chopped nutmeats
1 c. granulated sugar	
1/2 tsp. salt	

Cut the dates with scissors, then add the boiling water, soda, and shortening and let stand until cool. Add the sugar and salt, beaten egg and vanilla. Then the flour mixed with nutmeats. Beat well and fill tiny greased muffin tins 3/4 full. Bake in a moderate oven of 375 deg. for 15 min. Roll in confectionery sugar while hot.

DATE LOAF - Callie Brown

4 c. dates	4 eggs
4 c. nuts	2 tsp. baking powder
1 c. flour	1 tsp. salt
1 c. sugar	1 tsp. vanilla
1/2 stick butter	

Dredge nuts and dates in flour. Beat egg yolks and whites separately. Bake 2 hrs. at 250 deg.

APPLE CRISP - Rachel Harris

4 c. sliced cooking apples (4 to 6 med. sized)*	
1/4 c. lemon juice	1/3 c. sifted enriched flour
1 c. Quaker or Mother's Oats (quick or old fashioned, uncooked)	1/2 c. brown sugar
1/2 tsp. salt	1 tsp. cinnamon
1/3 c. melted butter or margarine	

Place apples in greased shallow baking dish. Sprinkle with lemon juice. Combine dry ingredients; add melted butter, mixing until crumbly. Sprinkle crumb mixture on top of apples. Bake in a moderate oven (375 deg. F.) 30 min. or until apples are tender. Serve warm or cold with top milk or cream. Makes 6 servings.
*If apples are very tart, sweeten slightly.

ICE BOX FRUIT CAKE - Ethel Sullivan

2-10¢ boxes marshmallows	1 c. milk (Pet)
1 lb. graham crackers	4 c. nuts
1 box raisins	Fruit cake mix can be used

Heat milk in double boiler, stir in marshmallows. Crush crackers. Add crackers, raisins, nuts, and pour in loaf pan. Keep in refrigerator for 24 hrs. before serving.

OLD FASHIONED POUND CAKE - Callie Brown

1 lb. butter	1/2 tsp. salt
1 lb. sugar	1 tsp. vanilla or almond
1 lb. flour	flavoring (if desired)
1 lb. eggs	

Use 3 qt. tube pan. Cream butter until soft, gradually add sugar, then add 1 whole egg at a time. Beat thoroughly after each addition. Stir in dry ingredients and beat hard for 10 min. (if by hand) or if by electric mixer 5 min. Bake 1 hr. at 300 deg. and 30 min. at 275 deg.

VELVET CAKE LAYERS - Annie Betts

1 c. butter	1 c. milk
2 c. sugar	1 tsp. vanilla
4 eggs-whole	1 tsp. lemon flavoring
3 c. cake flour	few drops almond
3 tsp. baking powder	
1/2 tsp. salt	

Cream together butter and sugar. Add eggs one at a time, beating after each. Sift together flour, baking powder, and salt. Add alternately with milk to creamed mixture, add flavoring. Bake in layers 350 deg. or funnel pan 325 deg. about 1 hr.

LADY FINGERS - Ethel Scarborough

2 c. plain flour	4 tbsp. powdered sugar
1 c. chopped nuts	1 1/2 sticks butter
2 tsp. vanilla	pinch salt

Mix sugar, butter and flour. Cream well. Add nuts, vanilla and salt. Roll in fingers. Cook in slow oven 250

deg. about 15 min. roll in powdered sugar.

CONGOES - Ethel Scarborough

1 box brown sugar	4 unbeaten eggs
3/4 c. Crisco (Marg.) melted (1 1/2 sticks)	
2 1/4 c. flour	1 c. nuts
2 tsp. baking powder	1 pkg. chocolate chips
1/4 tsp. salt	2 pkgs. dates (cut fine)
1/2 tsp. vanilla	

Blend sugar & Marg. & cool. Add eggs. Mix well. Add dry ingredients that have been sifted together. Mix well. Add vanilla and fold in nuts, choc. chips and dates. Bake in greased pan 300 deg., about 40 min.

CHOCOLATE FUDGE - Claudia Lee

1 tall can milk	
1/4 lb. butter	4 c. sugar

Cook in heavy pan stirring constantly until candy reaches the soft ball stage when dropped in cold water. Remove from fire and add:

1 c. chopped nuts	2 pkgs. chocolate tid-bits
1 pt. marshmallow creme	1 tsp. vanilla

Beat slightly and pour in buttered pan. Keep in tin box for freshness. Makes about 5 lbs.

OLD-FASHIONED TEA CAKES - Sue Price

2 eggs	1 tsp. vanilla
1/4 c. butter	dash of nutmeg
1/2 c. sugar (scant measure)	
1/2 tbsp. buttermilk	Enough flour for a stiff dough (about 3 c. self-rising flour)

Beat eggs; add sugar gradually; add buttermilk, vanilla, and spice. In a separate bowl sift flour. Work butter into flour as in making biscuits. Lastly add egg mixture and work into a rather stiff dough. Roll out dough to a thickness of 1/8 in. Cut - sprinkle with granulated sugar if desired. Bake in quick oven. Do not allow to brown except slightly. Pans of water may be placed beneath baking sheet to keep bottoms from scorching.

FAVORITE COOKIES - Stell Kirby

1 egg white	1 c. brown sugar - pressed in
1 rounded tbsp. self-rising flour	cup
1/2 cup	2 c. broken nuts
1/2 tsp. salt	

Beat egg white and sugar thoroughly, then add flour, salt,

nuts, and mix well. Butter a baking sheet and warm well, then drop by tsp., not too close together, for they spread. Bake in moderate oven 250 deg. to 275 deg. about 30 min.

DATE-NUT CAKE - Lois H. Brown

1 lb. butter creamed with 1 1/4 lbs. brown sugar
6 eggs 2 tsp. baking powder
2 lbs. pitted dates 1 tsp. cinnamon
1 lb. shelled nuts (4 1/2 c.) 1 lemon (juice)
1 1/2 lbs. flour (5 c.) 1 tsp. vanilla

Cream butter and sugar and eggs one at a time. Beat after each addition. Add sifted ingredients and vanilla and lemon before stirring in cut up nuts and dates. Bake slowly in a tube pan in a 270 deg. oven for about 3 hrs.

SEA FOAM CANDY - Alice Gray

2 1/2 c. sugar 1/4 tsp. salt
2/3 c. light corn syrup 2 egg whites
1/2 c. water 1 c. nutmeats
3/4 tsp. vanilla

Cook sugar, corn syrup, salt, and water together until a hard ball is formed in cold water. Remove from fire and pour very slowly over stiffly beaten egg whites. Add nuts and vanilla. Beat until gloss disappears and mixture stiffens enough to hold its shape when dropped from spoon

PECAN BRITTLE - Hettie Smith

1 c. white sugar
3/4 c. white Karo syrup 3/4 c. water

Put above ingredients in frying pan and let boil, then put in 2 c. chopped pecans. Cook until thick and brown. Don't leave it as it will scorch. Put 1 light tsp. of soda in candy when done and beat in good. Then pour on greased pan.

FLUFFY CAKE FROSTING - Beatrice Moore

In top of double boiler mix:

3 egg whites 3 tbsp. water
1 c. sugar 1/4 tsp. salt
1 1/2 c. light corn syrup 1/4 tsp. cream of tartar

Cook over boiling water beating constantly, until peak forms. Remove from water and beat a few min. longer.

QUICK WHITE FROSTING - Jessie Barden

1 c. sugar 1 egg white
1/2 tsp. vanilla 1/4 c. water

Put sugar, water and egg white in saucepan and cook over

boiling water. Beat constantly until frosting stands in a peak. Add vanilla.

LEMON CHEESE FILLING - Grace Worley

1/2 c. lemon juice and grated rind of lemons

4 egg yolks and 1 white 1 1/2 c. sugar

3/4 c. butter or oleo pinch of salt

Mix eggs, sugar, and salt. Beat until fluffy. Add softened butter, lemon juice, and rind. Cook in double boiler until thick as sponge, stirring all the time. Cool and spread. Makes enough icing for 4 layers.

BOILED COCONUT ICING - Grace Worley

3 c. sugar 1 tsp. vanilla

3/4 c. coconut milk pinch of salt

3 egg whites 1 grated coconut

1 tsp. cream of tartar

Boil sugar, milk, cream of tartar, and salt to 238 deg. F. or until it forms soft ball in cold water.) Pour into the stiffly beaten egg whites slowly, beating with mixer all the time. Add vanilla and coconut.

ANGEL ICING - Mildred Brown

1 egg white 1/4 c. water

1 c. sugar 1 tsp. vanilla

1 tbsp. light corn syrup

Beat egg white. Boil sugar, corn syrup, and water to hard ball stage or until it forms a thread when poured from a spoon. Pour hot syrup slowly into beaten egg whites while beating at high speed. Continue beating until mixture will hold a peak when beater is raised. Add vanilla and mix. Spread on cake.

PONGE CAKE - B. Moore

4 eggs 1 tsp. baking powder

1 c. sugar 6 tbsp. hot milk

1 c. cake flour 3 tsp. lemon juice

Beat eggs 5 to 7 min. until stands in peaks. Add sugar, flour, milk and lemon juice. Cook 25 to 30 min. in oven at 350 deg.

BROWNIES - Ethel Sullivan

Preheat oven to 350 deg.

Melt over hot water 4 sq. unsweetened chocolate (4 oz.)

With 2/3 c. wesson oil or shortening. Beat in 2 c. sugar

and 4 eggs. Sift together 1 1/2 c. flour (plain) and stir in 1

tsp. baking powder, and 1 tsp. salt. Mix in 1 c. broken

nuts. Spread in well greased oblong pan. Bake 30 to 35 min.

ANGEL FOOD CAKE - Rosa Lee Williams

1 c. egg whites	1 tsp. vanilla
1/4 tsp. salt	1/2 tsp. almond extract
1 1/2 c. sugar	1 tsp. cream of tartar
1 c. cake flour	

Add salt to egg whites, beat until foamy. Add cream of tartar, beat until stiff. Fold in 1/2 of sugar, 2 tbsp. at a time. Add flavoring. Sift remaining sugar with flour and fold in carefully. Bake in ungreased tube pan 35 min. at 375 deg. Invert to cool.

FLUFFY FROSTING:

Mix in top of double boiler 2 unbeaten egg whites, 1 1/2 c. sugar, a dash of salt, 1/2 c. water, 2 tsp. light corn syrup. Place over boiling water and beat with egg beater 7 min. or until frosting stands in stiff peaks. Remove from hot water. Add 1 tsp. vanilla and beat 1 min.

DEVILS FOOD CAKE - Lillie Owens Rose

1 c. or 2 sticks butter	1/2 tsp. salt
2 c. sugar	1 tsp. soda
5 eggs	1 c. buttermilk
4-1 oz. sqs. unsweetened chocolate, melted	
2 1/2 c. Swansdown Cake Flour	2 tsp. vanilla

Thoroughly cream margarine and sugar; add eggs, one at a time, beating after each addition. Add chocolate and mix well. Add sifted dry ingredients alternately with buttermilk and vanilla. Bake in 3 waxed paper lined cake pans (350 deg.) 25 to 30 min.

FROSTING:

1 box XXXX sugar	3-1 oz. sq. melted
1 stick margarine	unsweetened chocolate
1 small can pet milk	1 tsp. vanilla

Cream 1 stick margarine with XXXX sugar - gradually adding chocolate, milk, and vanilla. Note: let every item used in a cake be at room temp.

Desserts

Pies

Pastries

Puddings

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SUNDAY

DESSERTS*PIES*PASTRIES*PUDDINGS***

MERINGUE SHELLS (Makes 8 to 10) - Ethel Scarborough

4 egg whites

1 tsp. vinegar

1 c. granulated sugar which has been sifted, adding sugar 1
tbsp. at time

Vanilla to taste

Put egg whites in bowl and when half whipped, add vinegar.

Then whip stiff and add 1 c. of sugar slowly. Shape to

hold filling. Bake 45 min. on greased paper at 300 deg.

Good filled with ice cream, peaches, strawberries or other
fruit topped with whipped cream.

PUMPKIN PIE - Hettie Smith

1 c. milk or light cream 1/4 tsp. cloves

2 eggs 1/2 tsp. salt

1/2 c. light brown sugar 1 1/2 c. of fresh or canned

1/2 c. white sugar pumpkin

1 tsp. cinnamon Unbaked 9" pie shell

1 tsp. ginger

Heat milk. Beat eggs slightly. Sift all dry ingredients
together. Mix into pumpkin thoroughly. Add eggs, beat
until smooth. Stir into heated milk, pour into 9" pie shell.

Bake 425 deg. for 10 min. Reduce heat to 350 deg. and bake
30 min.

SWEET POTATO PIE - Stell Kirby

1 c. boiled potato rubbed through sieve

2 eggs 1 c. sugar

3 tbsp. butter flavoring extract or spice

1 c. milk

After putting potato through the sieve, add softened butter,
egg yolk well beaten, and sugar. Stir in milk gradually,
fold in stiffly beaten egg whites. Bake in pie crust or
custard cups. Makes 2 small pies or seven custard cups.
Sugar may be lessened if potatoes are very sweet.

BROWN SUGAR PIE - Rena Canady

2 c. brown sugar 2/3 stick of butter

2 eggs vanilla

1 heaping tbsp. flour - measure before sifting

Enough milk to make paste out of flour

Melt butter, beat egg whites and add yolks, beat again.

Add sugar, paste (flour and milk), butter, vanilla, and
bake in moderate oven (350 deg.) about 30 or 40 min. Be

sure pie will kindly shake when ready to take out of oven. Cook in uncooked pie crust.

EGG CUSTARD - Melba Woodruff

3 eggs	1/2 tsp. vanilla extract
1 c. sugar	2 c. milk, scalded
1/4 tsp. salt	1 pie crust
1/4 tsp. nutmeg	

Beat eggs slightly and combine with sugar, salt, nutmeg, and vanilla. Slowly add milk, mix well, and pour into nine-inch pastry-lined pie pan. Bake in hot oven (450 deg.) 10 min., and then in moderate oven (325 deg.) about 25 min., or until mixture doesn't adhere to knife. Serve hot or cold.

Variation: Coconut pie: Add 1 c. grated coconut to mixture. Omit nutmeg.

MILLIONAIRE'S PIE - Hettie Smith

3 eggs	1 c. raisins
1 1/2 c. sugar	1 c. pecans
2 tbsp. butter	1/2 tsp. nutmeg
2 tbsp. lemon juice	1/2 tsp. allspice
4 tbsp. water	1/2 tsp. cinnamon
2 tbsp. milk	

Beat eggs slightly, add sugar, lemon juice, water and milk. Beat a little more. Add melted fat, spices, raisins, and nuts. Stir well and place in unbaked pie shell. Bake 30 or 40 min. Use 1/2 plain pastry recipe.

COCONUT PIE - Clara Smith

1 1/2 c. hot milk	3 egg yolks
3/4 c. sugar	1 tbsp. butter
1/4 tsp. salt	1/2 c. coconut
4 1/2 tbsp. flour	1/2 tsp. vanilla

Mix sugar, salt, flour, egg yolks, and butter. Add these ingredients to hot milk and cook until thick. Add coconut and vanilla. Pour into baked pie crust and top with meringue and sprinkle with coconut. Brown in oven about 350 deg.

COCONUT PIE - Grace Worley

1/4 c. cornstarch	2/3 c. sugar
2 c. scalded milk	1/4 tsp. salt
3 slightly beaten egg yolks	2 tbsp. butter
1/2 tsp. vanilla	1 3/4 c. grated coconut
3 stiffly beaten egg whites	6 tbsp. sugar

Mix cornstarch, sugar, and salt; gradually add milk. Cook in double boiler until thick - about 10 min., stirring constantly. Slowly add small amount of hot mixture to egg yolks. Stir into remaining hot mixture. Cook 5 min., add butter, vanilla, and 1 1/2 c. coconut. Cool. Pour into pie shell made of:

1 pkg. crushed graham crackers
1 stick oleo (melted)

Form a ball of this and press into pie pan for crust. Cook about 15 min. until brown. Cool. Pour filling in crust and spread with meringue made of 3 egg whites and 6 tbsp. sugar. Sprinkle with 1/4 c. grated coconut and brown - 12 to 15 min.

MAGIC LEMON MERINGUE PIE - Wilma F. Howard

1 1/3 c. sweetened condensed milk

1 c. lemon juice

grated rind of 1 lemon or 1/4 tsp. lemon extract

2 eggs separated 2 tbsp. sugar

Bake in 8 in. pie shell. Blend sweetened condensed milk, lemon juice, grated lemon rind or extract and egg yolk.

Pour into baked pie shell. Cover with meringue made by beating egg whites until stiff, but not dry, and adding sugar.

Bake in moderate oven (350 deg. F.) 10 min. or until meringue is brown.

LEMON PIE - Wilma F. Howard

1 c. sugar

1/2 stick butter and mix with

2 eggs (white and yellow) beater

Juice and rind of 1 lemon

Pour into uncooked crust and bake in slow oven about 300 deg. or 350 deg. until crust is evenly browned.

PIE CRUST - Norma Lee Radford

2 c. sifted flour

1 c. shortening

1/2 tsp. salt

6 tbsp. ice water

Mix flour and salt, work shortening lightly into the flour, adding ice water a little at a time, using only enough to make a workable paste, too little will leave it crumbly.

This pastry is very rich and must be handled with care.

Roll out and line pie plate. Makes 2 - 9 in. pastry shells or 1-2 crust 9 in. pie.

SWEET POTATO PUDDING - Stell Kirby

4 eggs

1 tsp. nutmeg

1 tsp. cinnamon or 1 tbsp. vanilla

1 qt. grated raw sweet potato

1/4 c. butter

2 c. milk

1 c. sugar

1/4 tsp. salt

Grate potato. Beat eggs well, add milk. Mix spices or flavoring and sugar with grated potato, add melted butter, and stir in milk and egg mixture. Pour in pan that has sides and bottom greased. Bake about 1 hr. Stir occasionally as the potato browns, the browned potato will give a rich nutty flavor and texture. Serve plain, with a sauce, or with whipped cream.

POTATO PUDDING - Rena Canady

2 eggs

1/4 tsp. salt

2 c. sweet milk

1 qt. grated potatoes (white potatoes preferred)

1 1/2 c. sugar

vanilla

1/4 c. butter

Beat eggs, add sugar, milk, salt, melted butter, vanilla, and grated potatoes. Cook in moderate oven for 1 1/2 hrs.

DATE PUDDING - Stell Kirby

1/2 pkg. dates - cut fine

1 c. sugar

1 c. nuts - cut fine

2 heaping tsp. baking powder

2 tbsp. flour

3 eggs, separated

Mix, adding well beaten whites last. Bake in moderate oven 20 or 30 min. in 9"x12" pan lined with wax paper. Serve with whipped cream.

PERSIMMON PUDDING - Ethel Scarborough

1 c. persimmon pulp

1 c. milk

2 c. grated sweet potato

pinch salt

2 tbsp. butter

1 tsp. vanilla

1 c. sugar (brown or white)

1 tsp. ginger

1 c. flour

1/2 tsp. nutmeg

1 tsp. baking powder

2 tsp. cinnamon

2 eggs

Beat eggs, add sugar and mix well together. Sift flour, baking powder, salt, cinnamon, ginger and nutmeg together. Add to egg mixture with milk and melted butter, persimmon pulp and sweet potato, add vanilla. Bake in greased baking dish in moderate oven (350 deg.) until firm and lightly brown, 50 min. to 1 hr. Or if preferred to have a more moist pudding cover baking dish and steam approximately 2 hrs. Serve with hard sauce.

HARD SAUCE:

1/2 c. butter

1 tsp. vanilla

2 c. confectioners sugar

Cream butter and sugar until smooth. Add vanilla.

EGG CUSTARD PIE - Rena Canady

4 eggs	butter (size of an egg)
1 c. sugar	vanilla
2 c. milk	nutmeg

Beat eggs altogether. Add sugar, milk, melted butter, vanilla, and nutmeg. Bake in moderate oven 350 deg. to 375 deg. about 15 or 20 min. on preheat. Reduce heat and cook for about 45 min. Cook in uncooked pie crust.

* PECAN PIE - Lillie Owens Rose

1/2 c. melted butter	1 tsp. vanilla
1 c. sugar (white)	3 eggs
3/4 c. light Karo syrup	2 c. coarsely chopped pecans
1 tbsp. flour	

Beat eggs and sugar until thick. Add flour, syrup, butter, vanilla, and pecans. Mix well. Pour in 9" pastry lined pie pan and bake in slow oven 300 deg. 1 hr.

PECAN PIE - Rena Canady

1 c. brown sugar	1 piece melted butter (size of egg)
1 c. karo syrup (dark)	
3 or 4 eggs	3/4 c. sweet milk
1 c. nuts	1/4 tsp. salt

Slightly beat eggs altogether, then add sugar, syrup, butter, milk, and nuts. Cook in preheated oven, starting at 350 deg. then 400 deg. Test to see if done by heating knife and stick in pie. If done, pie will not stick to knife.

PECAN PIE - Melba Woodruff

3 eggs	1 tsp. butter
1 c. Karo syrup	1 tsp. vanilla extract
1/2 c. sugar	1 c. pecans

Beat egg yolks, add sugar, syrup, and other ingredients. Lastly fold in egg whites beaten stiff. Pour into uncooked pie shell and bake 45 min. at 350 deg.

PECAN PIE - Callie Brown

1/3 c. butter	1 c. light corn syrup
1/2 c. light brown sugar	1/2 c. milk
1 c. chopped pecans	1/2 tsp. vanilla
3 eggs	
1/4 tsp. salt	

Cream butter and sugar together and add pecans. Beat eggs, add salt, syrup, milk, and vanilla. Combine with sugar mixture. Pour into uncooked pie shell and bake at 375 deg. for 40-50 min.

NO-ROLL PASTRY SHELL - Lois H. Brown

1 1/2 c. sifted flour

1 1/2 tsp. sugar

1 tsp. salt

1/2 c. salad oil (Wesson if preferred)

2 tbsp. cold milk

Sift flour, sugar, and salt into an eight or nine in. pie pan. Combine oil and milk in measuring cup and blend with a fork. Add to flour mixture all at once. Mix with a fork until flour is completely dampened. Press evenly and firmly with fingers to line bottom of pan. Then press dough up to line sides to make rim. Prick entire surface with a fork. Bake in 425 deg. oven for about 12 min.

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MEATS*POULTRY*SEA FOOD*WILD GAME***

ITALIAN SPAGHETTI MEAT SAUCE - Sue Price

1 lb. ground beef	1 can tomato puree or tomato paste
1 large onion (diced)	dash tabasco sauce
1 bell pepper (diced)	dash worcestershire sauce
1 No. 2 can tomatoes	dash barbecue sauce
1 can tomato soup	salt and black pepper to taste
1/4 c. catsup	1/4 tsp. sage

Brown onion and pepper in small amount of fat. Add ground beef and brown. Combine all other ingredients in heavy aluminum pot, and all browned meat to this mixture. Cook slowly for two or more hrs. stirring occasionally to avoid sticking. Serve this sauce over cooked spaghetti.

BARBECUED SPARERIBS - Lois H. Brown

4 lbs. spareribs	2 large onions, sliced
------------------	------------------------

Season ribs with salt and pepper. Place in roasting pan with onions. Pour barbecue sauce*over meat. Cover pan and cook for 1 1/2 hrs. in a 350 deg. oven. Remove cover and cook 20 min. longer.

*Barbecue Sauce:

3/4 c. tomato catsup	1 tbsp. salt
3/4 c. water	dash of cayenne
2 tbsp. vinegar	1 tsp. paprika
2 tbsp. worcestershire sauce	1/2 tsp. black pepper
	1 tsp. chili powder

MEAT LOAF - Grace Worley

1 lb. lean ground beef	1/4 c. chopped green pepper
3/4 c. corn flakes	1 tsp. worcestershire sauce
1/4 c. chopped onions	2 tbsp. catsup

Salt and pepper to taste 2 cans of tomato sauce. Combine beef, corn flakes, onion, green pepper, worcestershire sauce, catsup, and salt and pepper to taste. Form loaf or small balls and place in greased casserole. Pour tomato sauce over meat and bake in 350 deg. oven for 45 min. covered. Uncover and cook 30 min. more or until done.

ESCALLOPED OYSTERS - With Turkey - Stell Kirby

1 pt. oysters	salt if needed
1/4 lb. crackers	1/2 c. milk
1/2 stick butter	Turkey broth

Cover bottom of pan with crushed crackers. Put layer of oysters, cover lightly with crackers. Repeat layer of

oysters and cover with crackers. Dot butter on top of crackers. Pour milk over top of layers. Add enough turkey broth to wet the crackers. Place in oven and brown.

BARBECUE CHICKEN - Mozell Bailey

Sauce:

2 c. vinegar
1 c. water
1 stick butter
1 tbsp. salt

2 tbsp. pepper (black)
1 tsp. ground red pepper
(or more to taste)

Pour contents in saucepan and bring to boil. Place fryer in flat pan (after being cleaned thoroughly and cut open down breast bone.) Add just enough water to keep chicken from sticking. Tenderize at about 300 deg. in oven. Start basting chicken with sauce after chicken has been cooking about 15 min. Continue basting chicken off and on until done.

ESCALLOPED OYSTERS - Leah Earp

1 qt. of oysters
crackers
butter, 2 sticks

salt
pepper
sweet milk

In bottom of casserole dish place crushed crackers to cover dish completely. Over crackers put oysters (a layer); sprinkle with salt and pepper and dot with stick of butter; repeat second time and cover top of oysters with crushed crackers; then, pour milk over the oysters until they are saturated. Place in oven at 400 deg. and cook until brown on top. Serves 8.

Vegetables

Soups

Salads

Dressing

Tips

BOILING GUIDE FOR FRESH VEGETABLES

Vegetable	Boiling time (minutes)	Vegetable	Boiling time (minutes)
Asparagus.....	10-20	Greens:	
Beans:		Beet, young.....	5-15
Lima.....	20-30	Dandelion.....	10-20
Snap, 1-inch pieces.....	15-30	Kale.....	10-25
Beets:		Turnip.....	15-30
Young, whole.....	30-45	Kohlrabi, sliced.....	20-25
Older, whole.....	45-90	Okra, whole or sliced.....	10-20
Broccoli, separated.....	10-20	Onions, whole or half.....	20-40
Brussels sprouts.....	10-20	Parsnips, whole.....	20-40
Cabbage:		Peas.....	8-20
Shredded.....	3-10	Potatoes, whole or half.....	25-45
Quartered.....	10-15	Rutabagas, pared, cut up...	20-30
Carrots:		Squash:	
Young, whole.....	15-25	Summer, sliced.....	10-20
Older, sliced.....	15-25	Winter, cut up.....	20-40
Cauliflower:		Spinach, whole.....	3-10
Separated.....	8-15	Sweetpotatoes, whole.....	25-35
Whole.....	20-30	Swiss chard.....	10-20
Celery, cut up.....	15-20	Tomatoes, cut up.....	7-15
Collards, whole.....	10-20	Turnips, cut up.....	15-20
Corn, on cob.....	5-15		

VEGETABLES*SOUPS*SALADS*DRESSING**

CABBAGE SALAD - Lucille Jackson

2 c. slaw
1 unpeeled apple chopped
1 c. celery diced
1 tbsp. sugar
1 tsp. salt
1/2 c. salad dressing

Toss all together and serve on lettuce, top with salad dressing and a cherry. This is real good with seafood.

CRANBERRY SALAD - Hettie Smith

2 c. fresh cranberries	1 c. celery cut fine
3/4 c. sugar	1 c. nuts cut fine
2 pkgs. cherry jello	2 whole oranges cut fine
4 c. water (hot)	

Dissolve jello in hot water, when cool, add cranberries that have been run through food chopper. Add other ingredients. Pour into mold or bowl and chill until firm.

CRANBERRY PUNCH - Leah Earp

4 bottles of cranberry juice
large can of pineapple juice
large can of grapefruit juice
large can of frozen orange juice
large can of frozen lemonade

Add the correct amount of water to the frozen juices. Add sugar to suite taste. Freeze until time to serve; then add ginger-ale as needed - serves 25 or more.

ROZEN FRUIT SALAD - Alonia Creech

o. rich and good, it can be salad or dessert-

-3 oz. pkgs. cream cheese

c. mayonnaise

•c. heavy cream, whipped

1/2 c. red maraschino cherries, quartered

1/2 c. green maraschino cherries, quartered

No. 2 can (2 1/2 c.) crushed pineapple, drained

1/2 c. diced marshmallows (about 24 marshmallows)

Combine cheese and mayonnaise, blend until smooth. Fold

in whipped cream, fruit, and marshmallows. Pour into 1

4. refrigerator tray. Freeze firm. Serves 8 to 10.

EXCEPTION SALAD - Claudia Lee

1 pkg. lemon jello 1 lg. can crushed pineapple

1 pkg. cream cheese 1/2 c. celery chopped fine

2 pt. whipping cream - whipped

ash salt

Mix the jello with the pineapple juice, which has been boiled. When it begins to jell, add the other ingredients in the order given and allow the mixture to stand in individual molds until set, or in large mold. Serve on crisp lettuce. Will serve 12.

CANDIED YAMS - Alice Gray

4 large sweet potatoes 1/4 c. butter
1/2 c. brown sugar 1/4 c. hot water

Wash and boil sweet potatoes until tender. Pare and cut into slices about 1/2 in. thick and place in baking dish. Pour over sweet potatoes syrup made of butter, brown sugar, and hot water. Bake 1 to 1 1/2 hrs.

SWEET POTATO DELIGHT - Lois H. Brown

(Serves about 12)

6 large yams 3 c. orange juice
1/2 lb. butter 1 1/2 c. chopped nutmeats
1 1/2 c. sugar marshmallows

Peel potatoes and slice crosswise. Cook until tender in as little water as possible. Drain water and whip potatoes until creamy. Add other ingredients and mix well. Place in baking dish and top with marshmallows. Brown in oven for about 10 min. Serve piping hot.

POTATOES AU-GRATIN - Grace Worley

6 cold boiled potatoes (diced)
1 c. grated cheese
2 c. medium white sauce made of:

2 tbsp. butter 1/2 tsp. salt
2 tbsp. flour 1 c. milk

Melt butter, add flour and blend smooth. Add milk gradually stirring constantly to prevent lumping. Cook until mixture thickens. Line a buttered baking dish with alternate layers of potatoes, white sauce, and cheese. Bake 350 deg. about 30 min.

ESCALLOPED POTATOES - Grace Worley

6 med. potatoes flour, salt, pepper,
3 med. onions butter and milk

Line a buttered baking dish with alternate layers of potatoes and onions. Sprinkle each layer with salt, pepper, and flour. Dot with butter. Cover with milk and bake 1 hr. at 450 deg.

MANHATTON SALAD - B. Moore

1/2 lb. marshmallows cut in fourths
1 c. pecans chopped 1 tbsp. butter
1 pt. cream 1 tbsp. sugar
1 can pineapple 2 tbsp. milk
1 can small fruit cocktail drained
3 eggs beaten 2 tbsp. vinegar
 1 tsp. salt

Cook eggs, butter, sugar, milk, salt and vinegar in double boiler until thick. Cool. Fold this into marshmallows, pecans, pineapple and fruit cocktail. Whip cream and fold in last.

✓ ASPARAGUS CASSEROLE - Leah Earp

2 cans green asparagus 1/2 c. blanched almonds
4 hard boiled eggs cream sauce - use your own
 recipe

Place a layer of asparagus in a casserole dish. Slice two of the hard-boiled eggs over the asparagus, sprinkle with salt, and add half of the almonds. Repeat the above. Pour cream sauce over this, sprinkle with cheese, and bake in oven at 350 deg. for 30 min. This serves eight nicely.

EASY BAKED BEANS - Leah Earp

1 large can of pork and beans
1/2 c. of brown sugar 4 slices of bacon
Grease casserole dish lightly. Place beans in casserole and sprinkle brown sugar over the top of the beans. Put bacon strips on top of the beans. Bake in the oven at 300 deg. until bacon is done. Onion may be added if you like.

SALAD SUPREME - Ethel Scarborough

4 grapefruits 3/4 c. boiling water
2 pkgs. lemon jello several drops red cake color-
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Scoop out best part grapefruit and chop fine. Add cake coloring. Dissolve jello in 3/4 c. boiling water - into this add the grapefruit pulp and juice. When almost congealed pour into grapefruit halves and congeal. Just before serving cut halves in to. This looks like watermelon slices.

SAUCE:

2 tbsp. flour 1/3 c. sugar
2 egg yolks (well beaten) juice of 1 lemon
2/3 c. pineapple juice 8 marshmallows
2/3 c. chopped nuts 1 c. whipped cream

Mix flour and sugar, add egg yolks and juices. Cook in double boiler stirring constantly until thick (several min.) When done let marshmallows melt in mixture. Add nuts. Set in refrigerator. Just before serving stir in whipped cream. Heap up on grapefruit slices.



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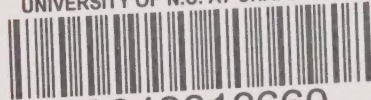
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